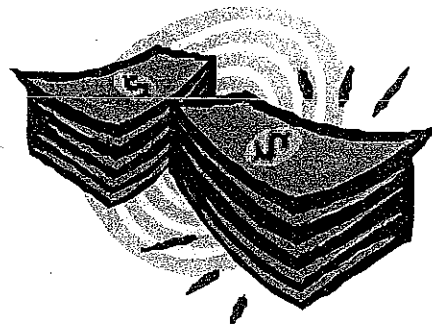


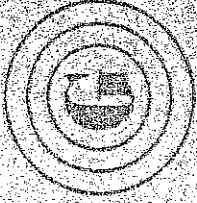
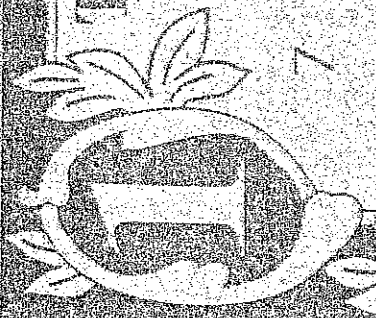
Activity: Show Me the Money

- Laminated play money with fitness activities attached to the back.
- Spread money across the gym floor.
- Students can work individually or in pairs to try to accumulate fitness money.
- Each time a student picks up a piece of play money he or she must perform the fitness task on the back of the bill to keep the money. Stress that they may not keep the money until the task is **COMPLETE!**
- Once task is complete the student can keep the play money and pick up another piece of play money to complete the next task.
- After a set amount of time, students can add up the money they collected.
- **RULES:**
 - Take only 1 piece of money at a time.
 - Must always watch out for others, be safe.
- Play several short games (2 - 4) minutes each round.



UNREDEEMABLE WHEN EXCHANGED

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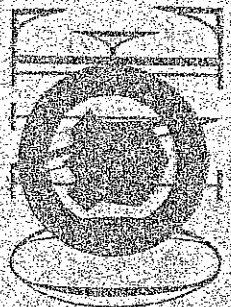


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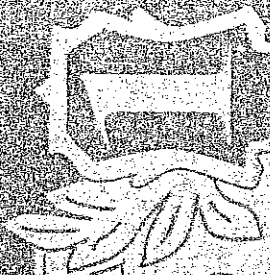


WASHINGTON

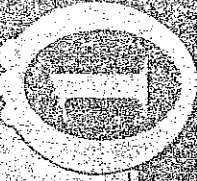


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ONE DOLLAR &

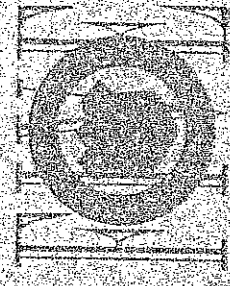
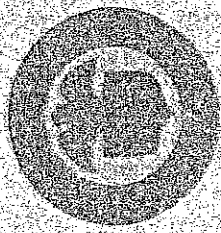
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OF AMERICA



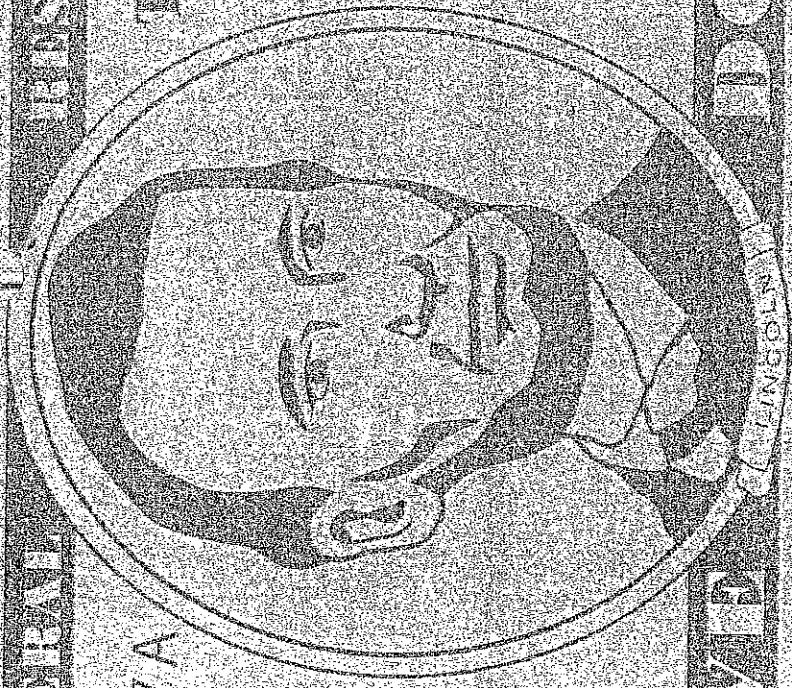
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FIVE

DOLLARS

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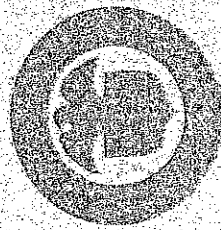
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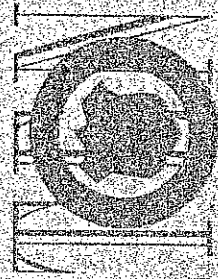
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TEN

DOLLARS

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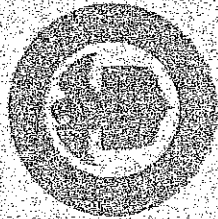


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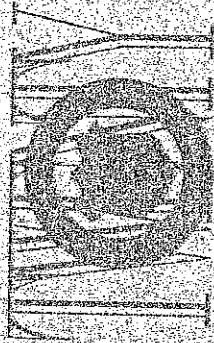
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JACKSON

TWENTY DOLLARS

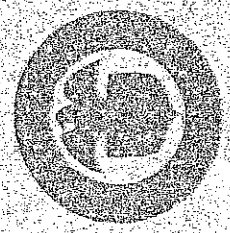
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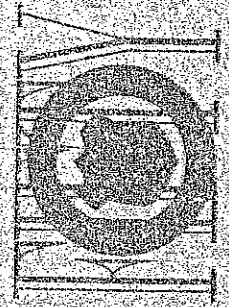
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50

FIFTY

GRANT

COMPLAINTS

50

**JUMP AND REACH AS
HIGH AS YOU CAN WITH
YOUR HAND ON A WALL 5
TIMES**

**PERFORM 10 MAKE
BELIEVE JUMP ROPE
STEPS**

**SKIP SPELL YOUR NAME
ON THE FLOOR**

LEAD A CHEER

**MOVE LIKE A ROBOT FOR
10 STEPS**

**TOUCH YOUR HEAD,
SHOULDERS, KNEES, AND
TOES 3 TIMES**

**BEND AND STRETCH
5 TIMES**

**CLOSE YOUR EYES AND
TURN IN A CIRCLE THREE
TIMES**

**FLEX YOUR MUSCLES FOR
5 SECONDS**

**JUMP UP AND DOWN
10 TIMES**

**SHAKE HANDS WITH
5 PEOPLE**

**RUN TO EACH CORNER OF
THE GYM**

**RUN AND TOUCH EACH OF
THE FOUR WALLS OF THE
GYM**

**DO A 15 SECOND LINE
DANCE**

**RUN AND TOUCH EACH
DOOR IN THE GYM**

**MAKE A BIG TRIANGLE ON
THE FLOOR WHILE
SITTING**

**RUN IN PLACE WHILE
SAYING THE ALPHABET**

**WALK BACKWARDS
ACROSS THE GYM**

**CIRCLE YOUR ARMS
BACKWARD 10 TIMES**

**GO TO EACH WALL OF
THE GYM AND DO 5 WALL
PUSH-UPS**

DO 10 WALL PUSH-UPS

**DO AS MANY JUMPING
JACKS AS YOU ARE OLD**

**ACT OUT A NURSERY
RHYME**

PANTOMIME A SPORT

**PRETEND YOU ARE A
RACE CAR AND MAKE
TWO LAPS AROUND
THE GYM**

**SHADOW BOX FOR
15 SECONDS**

DO 10 SKI JUMPS

**SIT DOWN AND SPIN
AROUND 3 TIMES**

DO 10 JUMPING JACKS

DO 20 SIT-UPS

**WALK BRISKLY AROUND
THE GYM 2 TIMES**

**SIT ON THE FLOOR AND
SCOOT WHILE
SINGING ROW, ROW,
ROW YOUR BOAT**

**CRAB WALK TO THE
MIDDLE OF THE GYM, DO
5 SIT-UPS, AND CRAB
WALK BACK**

**RUN AND TOUCH EACH
DOOR IN THE GYM**

**RUN ONE LAP AS FAST
AS YOU CAN**

**DO 5 PUSH-UPS, THEN
CRAB WALK BACK TO
YOUR HOME BASE**

SLIDE ACROSS THE ROOM

DO 5 SIT-UPS

**TIP-TOE ACROSS THE
ROOM**

**TIP-TOE TO THE
OPPOSITE WALL**

**RUN TO EACH CORNER
AND DO 5 JUMPS**

**DO 1 LOCOMOTOR
AROUND THE OUTSIDE
OF THE GYM**

**ACT OUT A SCENE
FROM A MOVIE**

8 WALL PUSH-UPS

DO 20 JUMPING JACKS

DO 5 LEAP FROGS

**DO 5 JUMPING JACKS,
CLAP YOUR HANDS 10
TIMES, THEN DO 5 MORE
JUMPING JACKS**

JUMP 10 TIMES

**HOP UP AND DOWN 8
TIMES, THEN SKIP AND
TOUCH THE DOOR
FARTHEST AWAY**

**SKIP TO EACH CORNER
OF THE GYM AND DO
FIVE JUMPING JACKS
IN EACH CORNER**

**ACT OUT A
NURSERY RHYME**

**TIP TOE ACROSS
THE ROOM**

**GALLOP AROUND
THE GYM**

DO 20 SIT-UPS

GIVE 5 HIGH FIVES

**DO:
10 JUMPING JACKS,
3 PUSH-UPS,
AND 5 SIT-UPS**

**WALK ON A PRETEND
TIGHTROPE FOR 10 FEET**

**SKIP AROUND EACH
BASKETBALL KEY TWICE**

**STEP CROSSOVER
ACROSS THE GYM**

**SKIP 16 TIMES MOVING
YOUR ARMS IN
DIFFERENT DIRECTIONS**

**CIRCLE YOUR ARMS
FORWARD 10 TIMES**

**RUN IN PLACE FOR
15 SECONDS**

**CRAB WALK ACROSS THE
GYM THE SHORT WAY**

**WHAT IS TODAY'S DATE?
DO AN EXERCISE THAT
MATCHES TODAY'S DATE**

**DO 5 PUSH-UPS, THEN
CRAB WALK BACK TO
YOUR HOME BASE**

**SIT ON THE GROUND AND
SPIN 5 TIMES LEFT AND
THEN 5 TIMES RIGHT**

**TOUCH ALL FOUR
CORNERS OF THE ROOM**

**SCUFF STEP ACROSS
THE GYM**

**ASK SOMEONE THEIR
FAVORITE COLOR**

**DO 10 SIT-UPS
AND 10 PUSH-UPS**

**FIND SOMEONE WITH
BLOND HAIR.
SKIP AROUND THE
ROOM WITH THEM**

**STANDING ON ONE FOOT,
MAKE A STATUE AND
HOLD IT FOR 10 SECONDS**

5 PUSH-UPS

**RUN IN PLACE 20
SECONDS**

**PRETEND YOU'RE
A MONKEY FOR
10 SECONDS**

**KIP ACROSS THE ROOM
AND BE AN ELEPHANT
ON THE WAY BACK**

**FORM A TRAIN WITH 2
OTHER PEOPLE AND
CHUG ACROSS THE ROOM**

**SLIDE ALONG THE
LENGTH OF THE GYM
AND BACK**

DO 10 WALL PUSH-UPS

**JOG AROUND THE GYM
THEN FIND SOMEONE
WHOSE NAME BEGINS
WITH B OR J AND SAY
HI TO THEM**

15 JUMPING JACKS

TAG 5 PEOPLE

**HOP 10 TIMES ON
EACH FOOT**

SWIM ACROSS THE GYM

DO 10 LEAPS IN A ROW

SCREAM WITH FRIGHT

**JUMP 5 TIMES IN
A CIRCLE**

**CLAP YOUR HANDS
10 TIMES**

**PRETEND TO THROW A
BALL IN THE AIR 7 TIMES**

**CRAB WALK ACROSS
THE GYM**

**RUN AN "X" FROM ONE
CORNER OF THE GYM
TO THE NEXT**

**PLAY RING AROUND
THE ROSY**

**SKIP SPELL YOUR NAME
ON THE FLOOR**

**DISCO DANCE FOR
15 SECONDS**

**ZOOM AROUND LIKE AN
AIRPLANE WHILE SINGING
"TWINKLE, TWINKLE
LITTLE STAR"**

**PRETEND YOU HAVE A
BIG RIBBON IN YOUR
HAND AND WRITE YOUR
NAME IN THE AIR WITH IT**

**IMITATE A FAMOUS
PERSON FOR 10 SECONDS**

**PRETEND YOU ARE IN A
BAND AND MARCH
AROUND PLAYING THE
MUSICAL INSTRUMENT
YOU WANT**

**WALK 15 STEPS
BACKWARD THEN
JOG BACK**

**HOP 10 TIMES IN
THE CORNER**

**PANTOMIME A SPORT IN
SLOW, NORMAL, AND
FAST SPEED**

**THUMB WRESTLE
WITH SOMEONE**

**5 PUSH-UPS,
THEN 5 SIT-UPS**

DO 10 LEAPS IN A ROW

**PRETEND YOU ARE
SWIMMING
AND SWIM ACROSS THE
GYM 5 TIMES**

**MAKE A BIG RECTANGLE
USING ANY LOCOMOTOR
SKILL YOU WANT**

**MOVE LIKE A ROBOT
FOR TEN STEPS**

**DO AS MANY JUMPING
JACKS AS YOU ARE OLD**

**CRAB WALK BACKWARDS
TO A CORNER OF THE
GYM AND DO 5 SIT-UPS**

**FLY LIKE A PLANE
ACROSS THE ROOM**

MAKE A PYRAMID

15 SIT-UPS

DO THE BUNNY HOP

**RUN IN PLACE
20 SECONDS**

**GET SOMEONE TO DO 10
JUMPING JACKS FOR YOU**

**WALK AS FAST AS YOU
CAN AROUND THE GYM**

DO 20 JUMPING JACKS

**CLOSE YOUR EYES
AND TURN IN A CIRCLE
THREE TIMES**

**GET WITH 3 OTHER
PEOPLE AND BUILD A SAFE
PYRAMID**

**TAKE A WALK AROUND
THE GYM AND SAY HI TO
EVERYONE YOU PASS**

**MARCH TO A CORNER
AND DO 5 PUSH-UPS**

SWIM ACROSS THE GYM

**CIRCLE YOUR ARMS
BACKWARD 10 TIMES**

**WALL SIT FOR 10
SECONDS**

SLAP YOUR KNEES TWICE

HOP AROUND 3 PEOPLE

**TAKE 5 STEPS
BACKWARDS, SIT DOWN,
STAND UP, THEN DO 5
JUMPING JACKS**

**JUMP UP AND DOWN
10 TIMES**

**HOP YOUR LAST NAME
ON THE FLOOR**

**CRAB WALK FOR 15
STEPS FOR 10 SECONDS**

**SIT DOWN AND THEN
STAND UP 10 TIMES**

**JOIN HANDS WITH 4
OTHER PEOPLE, FORM A
JAIL AROUND SOMEONE**

**HOP ON EACH FOOT
10 TIMES**

**PLAY AROUND THE ROOM
MAKING PLANE SOUNDS**

**GO TO EACH WALL OF
THE GYM AND DO
5 WALL PUSH-UPS**

**RUN AND TOUCH EACH
OF THE FOUR WALLS
OF THE GYM**

**CRAB WALK ACROSS
THE GYM**

**CRAB WALK ACROSS
THE WIDTH OF THE GYM
AND BACK**

**THROW THIS CARD SO
THAT IT LANDS 5 STEPS
AWAY FROM YOU**

**DO 10 SIT-UPS
AND 10 PUSH-UPS**

MAKE 5 DIFFERENT FACES

**GO AND GET A
DRINK OF WATER**

SAY "HI" TO 3 PEOPLE

DO 7 WALL PUSH-UPS

**UNTIE AND TIE 4
SHOE LACES**

DO 3 SIT-UPS

YELL "HURRAH!"

FROWN

SMILE

**TURN AROUND 2 TIMES,
SKIP 5 TIMES, AND THEN
JUMP 3 TIMES**

**RUN IN PLACE FOR
25 SECONDS**

**WALK BRISKLY AROUND
THE GYM 2 TIMES**

**PRETEND YOU ARE A
RACE CAR AND MAKE
WO LAPS AROUND THE
GYM**

10 WALL PUSH-UPS

**FIND SOMEONE WITH
BROWN HAIR AND
GALLOP AROUND THE
ROOM WITH THEM**

**LIE ON YOUR BACK AND
COUNT TO 50 BY 5'S**

**SNAP YOUR FINGERS 5
TIMES**

**HOP ON 1 FOOT 10 TIMES
WHILE SAYING
"I LOVE P.E."**

SIT AND SPIN 4 TIMES

**SKIP AROUND THE
GYM 1 LAP**

DO 11 JUMPING JACKS

SNEAK AROUND THE GYM

**TAP FOUR PEOPLE ON
THE SHOULDER**

**CLAP YOUR HANDS 3
TIMES, THEN STOMP
YOUR FOOT 2 TIMES**

**SIT DOWN AND
STAND UP TWICE**

9 JUMPING JACKS

**DO A BOOGIE DANCE
WITHOUT LAUGHING
FOR 15 SECONDS**

**SKIP AROUND THE
ROOM ONCE**

**TOUCH THE 4 CORNERS
OF THE ROOM AS
FAST AS YOU CAN**

**HOP ACROSS THE SHORT
LENGTH OF THE GYM ON
1 FOOT AND BACK ON
THE OPPOSITE FOOT**

**JUMPING JACKS
FOR 20 SECONDS**

**PRETEND TO HULA HOOP
50 TIMES**

**JUMP AS HIGH AS YOU
CAN IN THE AIR 10 TIMES**

**JOG IN PLACE FOR
30 SECONDS**

**PRETEND YOU ARE
AN AIRPLANE AND FLY
IN A CIRCLE**

**WALK LIKE AN ELEPHANT
AROUND THE OUTSIDE OF
THE ROOM**

SKIP AROUND 3 PEOPLE

**RUN ACROSS THE ROOM
DIAGONALLY**

**PRETEND YOU'RE A CAR
AND DRIVE AROUND
3 PEOPLE**

**ACT LIKE A BIRD FOR
15 SECONDS**

PANTOMIME A SPORT

**THROW THIS CARD SO
THAT IT LANDS 3 STEPS
AWAY FROM YOU**

**DO A JUMPING JACK IN
EACH CORNER OF
THE ROOM**

**HOP ACROSS THE ROOM
WITHOUT PUTTING YOUR
FOOT DOWN**

**HOP ON ONE FOOT TEN
TIMES**

**CLAP YOUR HANDS 10
TIMES FRONT AND BACK**

**DO 5 JUMPING JACKS IN 2
DIFFERENT PLACES**

**UNTIE AND TIE 3
SHOELACES**

SIT AND SPIN 4 TIMES

**TOUCH YOUR RIGHT
HAND TO YOUR LEFT EAR
AND YOUR LEFT HAND TO
YOUR RIGHT KNEE**

JOG AROUND THE GYM

DO 10 PUSH-UPS

**PERFORM 10
MAKE BELIEVE JUMP
ROPE STEPS**

**DO A 15 SECOND
LINE DANCE**

**WALK ON YOUR TIP-TOES
ACROSS THE ROOM**

**FIND SOMEONE
WITH THE SAME
COLOR EYES AND DO
THE MEXICAN HAT DANCE**

**WALK 15 STEPS
BACKWARD, THEN
JOG BACK**

**SIT DOWN AND THEN
STAND UP 10 TIMES**

JOG 2 LAPS

**DO 5 JUMPING JACKS IN
EACH CORNER
OF THE GYM**

**RUN ACROSS THE GYM
HOW MANY YEARS
OLD YOU ARE**

**STANDING ON ONE FOOT,
MAKE A STATUE AND
HOLD IT FOR 10 SECONDS**

**IMITATE A FAMOUS
PERSON FOR 10 SECONDS**

DO 3 JUMPING JACKS

**WALL SIT FOR 15
SECONDS**

**JOG IN PLACE FOR 30
SECONDS, LIFTING
YOUR KNEES AS HIGH
AS YOU CAN**

**DO A LOCOMOTOR
PATTERN TO THE END OF
THE GYM AND BACK**

**MAKE UP YOUR OWN
8 COUNT DANCE**

**FLY AROUND LIKE AN
AIRPLANE AROUND
THE ENTIRE OUTSIDE
OF THE ROOM**

5 PUSH-UPS

**ROLL ON THE GROUND
5 TIMES**

**FLAP YOUR ARMS LIKE
A DUCK 6 TIMES**

**WALK ACROSS THE GYM
THE SHORT DIRECTION
WITH YOUR HANDS
AROUND YOUR ANKLES**

SKIP IN A FIGURE 8

DO A 15 SECOND BALLET

**HOP UP AND DOWN 8
TIMES, THEN SKIP AND
TOUCH THE DOOR
FARTHEST AWAY**

**DISCO DANCE FOR
15 SECONDS**

DO THE BUNNY HOP

**TOUCH 1 WALL, THEN
RUN ACROSS THE
ROOM AND TOUCH THE
OPPOSITE WALL**

DO 10 BIG ARM CIRCLES

TAG 5 PEOPLE

15 SIT-UPS

**JUMP 5 TIMES IN
A CIRCLE**

MAKE 5 WEIRD SHAPES

**MARCH IN PLACE FOR 30
SECONDS AND MOVE
YOUR ARMS**

**MOVE ACROSS THE GYM
LIKE A BEAR**

DO 10 SIT-UPS

**HOP ACROSS THE ROOM
WITHOUT PUTTING YOUR
FOOT DOWN**

**TOUCH YOUR TOES FOR
30 SECONDS**

**MAKE UP YOUR OWN
8 COUNT DANCE**

STOMP YOUR FEET TWICE

**DEMONSTRATE YOUR
FAVORITE EXERCISE**

**PERFORM 3 BALANCING
STUNTS**

**PANTOMIME YOUR
FAVORITE SPORT AND
HAVE SOMEONE GUESS
WHAT IT IS**

**PANTOMIME A SPORT
IN SLOW, NORMAL,
AND FAST SPEED**

DO 25 SKI JUMPS

CRAB WALK TO THE
MIDDLE OF THE GYM, DO
5 SIT-UPS, AND CRAB
WALK BACK

WALK BACKWARDS
FOR 30 SECONDS

SPELL YOUR NAME BY
USING YOUR BODY

PLAY LEAP FROG, THE
WIDTH OF THE GYM

ROLL ON THE GROUND
5 TIMES

SHADOW BOX FOR
20 SECONDS

8 WALL PUSH-UPS

USING ANY LOCOMOTOR
SKILL YOU WANT MAKE A
BIG RECTANGLE

UNTIE AND THEN RETIE
YOUR LEFT SHOE

SKIP AROUND THE ROOM
COUNTER-CLOCKWISE

SIT ON THE GROUND AND
SPIN 5 TIMES LEFT AND
THEN 5 TIMES RIGHT AND
JUMP UP AND DOWN

SKIP IN A CIRCLE 25
SKIPS

SKIP AROUND THE GYM 2
TIMES

DO JUMPING JACKS ONE
FOR EACH LETTER IN
YOUR FULL NAME

PRETEND YOU ARE
SWIMMING AND SWIM
ACROSS THE GYM 5
TIMES

SIT DOWN AND STAND UP
3 TIMES

GET SOMEONE TO DO 10
JUMPING JACKS FOR YOU

WALK ON A LINE ALL
AROUND THE GYM

RUN TO EACH CORNER
AND DO 5 JUMPS

FIND SOMEONE WITH THE
SAME COLOR SHIRT AND
DO THE TWIST

TAKE A WALK AROUND
THE GYM AND SAY HI TO
EVERYONE YOU PASS

MARCH TO A CORNER
AND DO 5 PUSH-UPS

DO 4 SIT-UPS

JOG AROUND THE GYM

**PERFORM 3 BALANCING
STUNTS**

**WALK BACKWARDS
ACROSS THE GYM**

**WALK LIKE A TURTLE
ACROSS THE GYM**

SKIP AROUND 4 PEOPLE

**HOP IN THE MIDDLE OF
THE GYM 25 TIMES**

**TAP 5 PEOPLE ON THE
SHOULDER**

SKIP ACROSS THE ROOM

**WALK BACKWARDS ON A
LINE ACROSS THE GYM**

**HOP LIKE A BUNNY FOR
10 SECONDS**

GIVE 7 HIGH 5'S

DO 6 WALL PUSH-UPS

**PAUSE AROUND THE ROOM
MAKING TRAIN SOUNDS
FOR 10 SECONDS**

**ACT LIKE A LEAF ON A
TREE DURING A
RAINSTORM**

LEAD A CHEER

SLIDE AROUND THE GYM

**HOP ON YOUR RIGHT
FOOT FOR 30 SECONDS
AND THEN ON YOUR LEFT
FOOT FOR 30 SECONDS**

**JOG IN PLACE FOR
10 SECONDS**

**DO 10 TOE TOUCHES
TOUCHING YOUR HEAD
WITH BOTH HANDS AFTER
EVERY TOE TOUCH**

**FIND ANOTHER PERSON,
DO 10 SIT-UPS TOGETHER**

**MOVE ACROSS THE GYM
LIKE A SNAKE**

DO 18 JUMPING JACKS

**WALK LIKE AN ELEPHANT
FOR 15 SECONDS**

**CIRCLE YOUR ARMS
FORWARD 10 TIMES**

**SEAT SPIN 5 COMPLETE
CIRCLES**

**MAKE A BIG TRINGLE ON
THE FLOOR WHILE
SLIDING**

**RAB WALK BACKWARDS
TO A CORNER OF THE
GYM AND DO 5 SIT-UPS**

**TOUCH YOUR KNEES 3
TIMES**

**TOUCH YOUR NOSE TO
YOUR KNEE AND SPIN
AROUND 5 TIMES**

MAKE 5 DIFFERENT FACES

**PRETEND TO HULA HOOP
50 TIMES**

**RUN IN PLACE WHILE
COUNTING TO 25**

SKIP AROUND 5 PEOPLE

**SCUFF STEP ACROSS
THE GYM**

DO 10 SIT-UPS

**JOG AROUND THE GYM
THEN FIND SOMEONE
WHOSE NAME BEGINS
WITH C OR N AND SAY HI
TO THEM**

SKIP IN A SQUARE

**GALLOP AROUND THE
ROOM**

**HOP 10 TIMES ON EACH
FOOT**

**5 PUSH-UPS, THEN 5
SIT-UPS**

**ACT LIKE A DUCK FOR 15
SECONDS**

**DO JUMPING JACKS FOR
30 SECONDS**

DO A 15 SECOND BALLET

**SPELL YOUR NAME USING
YOUR BODY**

**TOUCH YOUR RIGHT
HAND TO YOUR LEFT EAR
AND YOUR LEFT HAND TO
YOUR RIGHT KNEE**

**FLY LIKE A HELICOPTER
ACROSS THE ROOM**

**GO TO EACH CORNER OF
THE ROOM AND JUMP UP
AND DOWN 4 TIMES**

**FLEX YOUR MUSCLES FOR
5 SECONDS**

**WADDLE LIKE A SKUNK
ACROSS THE GYM**

**HOP IN THE MIDDLE OF
THE GYM 25 TIMES**

**RUN AN "X" FROM ONE
CORNER OF THE GYM TO
THE NEXT**

**DO FOOTBALL
CROSS-OVER STEPS THE
LENGTH OF THE GYM**

**CRAB WALK FOR 15
STEPS**

**BALANCE ON 1 FOOT FOR
15 SECONDS**

**RUN IN PLACE CIRCLING
OUR ARMS BACKWARDS
FOR 30 SECONDS**

**RUN TO EACH CORNER OF
THE GYM AND JUMP UP
AND DOWN**

**STAND LIKE A FLAMINGO
FOR 10 SECONDS**

**DO A BOOGIE DANCE
WITHOUT LAUGHING FOR
15 SECONDS**

**DO 5 PUSH-UPS
THEN 10 SIT UPS**

**PLAY LEAP FROG FOR
10 SECONDS**

**SKIP AROUND THE
CIRCLE IN THE MIDDLE
OF THE FLOOR**

**DO ANY LOCOMOTOR
PATTERN AROUND THE
GYM 1 TIME**

**GALLOP AROUND 4
PEOPLE**

MARCH FOR 16 COUNTS

**WALK AROUND LIKE A
COWBOY AND SAY
"HOWDY PARTNER"
TO 3 PEOPLE**

**SKIP AROUND THE
PERIMETER OF THE GYM**

**HOP, SKIP, JUMP
REPEAT 4 TIMES**

**RUN ACROSS THE GYM
HOW MANY YEARS OLD
YOU ARE**

SLIDE ACROSS THE ROOM

**SKIP 16 TIMES MOVING
YOUR ARMS IN
DIFFERENT DIRECTIONS**

**PLAY LEAP FROG FOR 10
SECONDS**

**YOU ARE A POOL BALL
PRETEND TO ROLL INTO
A POCKET BY SLIDING
INTO ANY CORNER OF
THE GYM**

**HOP LIKE A KANGAROO
FOR 10 SECONDS**

**FORM A TRAIN WITH 2
OTHER PEOPLE AND
CHUG ACROSS THE ROOM**

SNEAK AROUND THE GYM

**FIND ANOTHER PERSON,
DO 10 PUSH-UPS
TOGETHER**

**DO:
6 JUMPING JACKS,
3 SIT-UPS,
AND 4 TOE TOUCHES**

**WALK AROUND THE
KEYHOLE CIRCLE
BACKWARDS WITHOUT
FALLING OFF**

**DO 5 JUMPING JACKS
WHILE WHISTLING**

**DO THE TWIST WHILE
SINGING JINGLE BELLS**

PLAY LONDON-BRIDGE

**SKIP TO EACH CORNER
OF THE GYM AND DO 3
SIT-UPS IN EACH CORNER**

**DO THE TWIST WHILE
SINGING MARY HAD A
LITTLE LAMB**

**GALLOP AROUND A
CIRCLE 3 TIMES**

**SEAT SPIN 4 COMPLETE
CIRCLES**

JUMP 10 TIMES

**DO THE GRAPEVINE
ACROSS THE SHORT
LENGTH OF THE GYM**

MAKE SIX WEIRD SHAPES

**TOE TOUCHES FOR 20
SECONDS**

**SKIP AROUND EACH
BASKETBALL KEY TWICE**

**LEAP ALL THE WAY
ACROSS THE WIDTH OF
THE GYM**

DO 20 JUMPING JACKS

**JUMP FORWARD 3 TIMES
AND THEN TWIRL IN A
CIRCLE 2 TIMES**

